

Sunday

Monday

Tuesday

Wednesday

Thursday






Friday

Saturday



August 2014

Brunswick Senior Center

					1 10:30 Video Exercise 11:00 Card games 11:30 BP Self-check	2 
3	4 CENTER CLOSED	5 9:00 Strength Tr. 11:00 Wii Bowling 11:45 Tuesday Trivia 1:00 Sunflower Sponge Painting Craft	6 <i>10:00 am Alex's Lemonade Stand</i> 12:45 "100" BINGO	7 9:00 Strength Tr. 10:30 Cards 11:00 UNO 1:00 Walking group	8 10:30 Wal-Mart Shopping Trip Frederick, MD	9
10 Do I really need a Flu Shot every year? <i>An explanation of how and why flu vaccines are developed.</i> August 13th	11 CENTER CLOSED	12 9:00 Strength Tr. 11:00 Wii Bowling 11:45 Tuesday Trivia 5:30 Card Party	13 11:00 "Ask Nurse Steve" – Flu Shots 12:45 Pantry BINGO	14 9:00 Strength Tr. 10:30 Cards 11:00 UNO 11:45 Nutrition Minute 1:00 Walking group	15 Emmitsburg PICNIC at UTICA Park 10:00 – 2:30	16 "Keep your face to the sunshine and you cannot see the shadow. It's what sunflowers do." ~ Helen Keller
17	18 CENTER CLOSED	19 9:00 Strength Tr. 11:00 Wii Bowling 1:00 Puzzle games	20 11:30 Lunch out with Friends	21 9:00 Strength Tr. 10:30 Cards 11:00 UNO	22 10:30 Wal-Mart Shopping Trip Charlestown, WV	23 
24 	25 CENTER CLOSED	26 9:00 Strength Tr. 11:00 Wii Bowling 1:00 Puzzle games	27 10:30 Video Exercise 11:30 BP Self-check 12:45 Yellow BINGO	28 9:00 Strength Tr. 10:30 Cards 11:45 The Facts about Lyme Disease 1:00 Walking group	29 10:30 Video Exercise 11:00 Card games	30 
31 Brunswick Senior Center <i>"Where everyone is someone"</i>	 <p>Did you know the Brunswick Senior Center offers transportation to the center for lunch, activities & programs for \$1.00? We also go grocery shopping on Fridays each month. Medical appointments, pharmacy transportation is also available with 48 hour notification. Costs for medical appointments is \$2.00 round trip, call 301-834-8115 for more information.</p>					